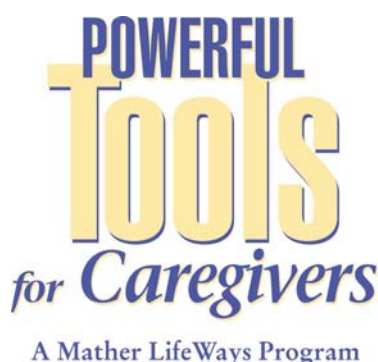


# Powerful Tools for Caregivers Classes

## Classes for People Helping Older Relatives or Friends

Six-week educational programs designed to provide caregivers the tools needed for taking care of themselves are now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources. Attendees also learn how to increase their ability to make tough decisions and balance their life. **Pre-Registration is required** - Call 858-2177 or email [caregiver@erie.gov](mailto:caregiver@erie.gov) for more information about Powerful Tools for Caregivers Classes and to register. There is a \$25 cost for the course, which includes a copy of *The Caregiver Helpbook*.



***Balance  
Your  
Life***



<i>Class Location</i>	<i>Day</i>	<i>Dates &amp; Time</i>
Buffalo Employment & Training Center 77 Goodell St., Buffalo	Tues.	Sept. 21 - Oct. 26 5:30 - 8:00 pm
Phillip Sheridan Building* 3200 Elmwood Ave., Kenmore	Thurs.	Sept. 23 - Oct. 28 6:00 - 8:30 pm
Center for Hospice & Palliative Care Education Center 225 Como Park Blvd., Cheektowaga <b>OPEN TO HOSPICE FAMILIES ONLY!</b>	Tues.	Sept. 28, Oct. 5 - 26 and Nov. 2 6:30 - 9:00 pm
Adult Learning Center 389 Virginia St., Buffalo	Sat.	Oct. 2 - Nov. 6 9:30 am - 12 pm
Lakeshore High School Media Center 959 Beach Rd., Angola	Wed.	Oct. 6 - Nov. 10 6:00 - 8:30 pm
Newstead Community Building 50 John St., Akron	Tues.	Oct. 12 - 26, Nov. 9 - 23 10 am - 12:30 pm
Hamburg Sr. High School 4111 Legion Dr., Hamburg	Tues.	Oct. 12 - Nov. 16 6:00 - 8:30 pm
Schofield Residence 3333 Elmwood Ave., Kenmore	Tues.	Oct. 26 & Nov. 2 - 30 6:00 - 8:30 pm
Millard Gates Hospital ** Gates Circle, Buffalo	Thurs.	Nov. 4-18 & Dec. 2-16 6:00 - 8:30 pm
Peregrine's Landing 575 Cayuga Rd., Cheektowaga	Tues.	Feb. 8 - March 15, 2005 10 am - 12:30 pm
Hamburg Sr. High School 4111 Legion Dr., Hamburg	Tues.	Feb. 8 - March 15, 2005 6:00 - 8:30 pm

\*Course cost is \$30 for this site only. \*\* Course cost is covered by Kaleida at this site.  
***Complete course cost is covered for all Independent Health members.***

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